[illegible]

*[illegible]*

## DXM [illegible]:

* [illegible]
* [illegible]
* [illegible]
* [illegible]
* [illegible]
* [illegible]

[illegible] DXM [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **findahelpline.com-**[illegible]

[illegible]

DXM · [illegible] · [illegible] · [illegible] · [illegible] · [illegible] · [illegible] · [illegible] · [illegible] · [illegible]

**⚠ [illegible] - [illegible] | [illegible]: [illegible] (BD): 999 | (IN): 108 [illegible] Kaan Pete Roi (BD): 01779-554391 [illegible]**

**DXM [illegible] SSRI [illegible] MAOI [illegible]**

[illegible] **(**[illegible], [illegible], [illegible]**)** [illegible]

*CYP2D6 [illegible] DXM-[illegible]— [illegible]*

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## [illegible]

[illegible] (DXM) [illegible], [illegible] систематически [illegible]

[illegible], [illegible]-[illegible]-[illegible] (OTC) [illegible]: "[illegible]-[illegible]-[illegible], [illegible]" [illegible] CYP2D6 [illegible], [illegible] (poor metabolizers) [illegible] DXM [illegible], [illegible] OTC [illegible]: CYP2D6-[illegible] DXM [illegible], [illegible], [illegible], [illegible]

[illegible], [illegible]-[illegible]: [illegible]—[illegible] (DXM) [illegible], [illegible] (NyQuil) [illegible] (DayQuil) [illegible]-[illegible], [illegible]

[illegible], [illegible] NMDA [illegible]: DXM-[illegible] NMDA [illegible]— [illegible], [illegible], "[illegible]" [illegible]—[illegible], [illegible]-[illegible]-[illegible] (OTC) [illegible], [illegible]

DXM-[illegible], [illegible]-[illegible], [illegible] ([illegible]) [illegible]

[illegible]

[illegible] [illegible] (DXM) [illegible]

# [illegible] 8 — [illegible]: [illegible]

⚠ [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]

## 8.8 — [illegible]: [illegible] [illegible]?

**[illegible] — [illegible]-[illegible]-[illegible] (OTC) [illegible] [illegible] —** [illegible] [illegible] [illegible] [illegible]

DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] DXM [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] DXM-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

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| | | | *** MTHFR [illegible]**<br>[illegible]<br>*** Recovery Kernel [illegible]**<br>[illegible]<br>*** [illegible] findahelpline.com [illegible]** |
| [illegible] ([illegible] / [illegible])[illegible] | [illegible], [illegible], [illegible] | [illegible] ([illegible]) [illegible]/[illegible]—[illegible]-[illegible] | [illegible]: [illegible] NAC 600mg [illegible], [illegible]—[illegible] |
| [illegible] ([illegible])[illegible] | [illegible] ([illegible]) - [illegible] | [illegible], [illegible]: [illegible], [illegible], [illegible], [illegible], [illegible], [illegible], [illegible] (Triple C) [illegible] | [illegible] (BD): 999 \| (IN): 108 [illegible]—[illegible] |
| [illegible] ([illegible])[illegible] | [illegible], [illegible] | [illegible], | [illegible], [illegible] (recovery position) [illegible] |

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| | | [illegible] [illegible] [illegible] (DXM) [illegible] [illegible] [illegible]

DXM □□□□□ □□□□□□□□□□ □□□□□□□□ □□□□□□□□□—□□□ SERT-□□ □□□□□ □□□□, □□□ □□□□□□□□□□□□□□□ □□ SSRI□□□□□ □□□□□ □□□□□ □□□□□ □□□□□ □□□□□ □□ □□□□□□□□□□□□□ □□□□□□□ □□□□□□, □□□ □□□□□ □□□□ □□□□□□ □□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□ □□□□ □□□□□:

- SSRIs (□□□□□□□□□□/□□□□□□□□□□□□□□□, □□□□□□/□□□□□□□□□□□□□□, □□□□□□□□□□□□/□□□□□□□□□□□□□□□, □□□□□□□□□/□□□□□□□□□□□□□, □□□□□□□□□□/□□□□□□□□□□□□□□□□□□): □□□□□□□□ SERT-□□ □□□□□ □□□□—□□ □□□□□ DXM □□□□□□ □□□□□ □□□□□□□□□□ □□□□□□□□□□□□□ □□□□□□ □□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□ CYP2D6-□□ □□□□□ □□□□□□□□□□ □□□□□□□□□, □□□□ □□□□□ □□□□ DXM-□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□ □□□□□ □□□□, □□□□ DXM-□□ □□□□□□□□ □□□□□□□ □□□□ □□□□□□□ □□□□ □□□□ □□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□ □□□□□□
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**CYP2D6** □□□□ □□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□: **CYP2D6** □□□□□□□ □□□□□□□□ □□□□□□□ □□□□□□□□ □□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□ □□□□□□ □□□□□□, □□□□□ □□□□□ **DXM-**□□ □□□□□□□□□□□□□□□□ □□□□□□□□□ □□□□□ □□□□□ □□□□ **DXM** □□□□□□ □□□□□ □□□□□□□□ □□□□ □□□□□, □□□□ □□□□ **SERT-**□□ □□□□ □□ □□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□ □□□□ □□□□□ □□□□ □□□□□ □□□□□□ □□ □□□□□□ **CYP2D6** □□□□□□□ □□□□□□□□ □□□□□□□ □□□□: **DXM** □□□□ □□□□□□□ □□□□□□□□□□-□□□□□□□□□□□ □□□□□ □□□□□□□ □□□□□□ □□□□ □□□□□□□□ □□□□□□□□□ □□□□ □□□□□□□□□□□□□□ □□□□□□□□□

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| | [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]

# [illegible] — [illegible]

[illegible] - [illegible], [illegible], [illegible]

DXM [illegible], [illegible], [illegible] - [illegible] - [illegible] CYP2D6 [illegible]-[illegible] DXM-[illegible], [illegible]

## [illegible] — [illegible]

| [illegible] | DXM [illegible]? | [illegible] |
|---|---|---|
| NMDA [illegible] ([illegible]—[illegible]) | DXM, CYP2D6 [illegible]—[illegible] DXM-[illegible] NMDA [illegible], [illegible] NMDA [illegible], [illegible], DMN [illegible] "[illegible]" [illegible] | NMDA-[illegible]: [illegible] (excitotoxicity) [illegible], [illegible] NAC [illegible] DXM [illegible] |
| [illegible]-[illegible] | DXM ([illegible]) [illegible]-[illegible]-[illegible], [illegible]-[illegible] DXM-[illegible] | [illegible]-[illegible]-[illegible] (agonism) [illegible]-[illegible], [illegible]-[illegible] CYP2D6 [illegible], [illegible] ([illegible]), [illegible]-[illegible] |

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| | [illegible] | |
| [illegible] (SERT) [illegible] | DXM [illegible] SSRI-[illegible] SERT [illegible] DXM-[illegible] | [illegible] 5-[illegible] (SERT [illegible]) [illegible] 5-[illegible] |
| [illegible] | DXM-[illegible] | [illegible] (1000 [illegible]) [illegible] DLPA ([illegible]) [illegible] DXM-[illegible] |

## [illegible] — CYP2D6 [illegible]

### [illegible] — [illegible] (OTC) [illegible]

[illegible] compendium-[illegible] CYP2D6 [illegible]: "[illegible] CYP2D6 [illegible]" DXM-[illegible] CYP2D6

[illegible] DXM-[illegible] [illegible] [illegible] [illegible] [illegible]—[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]

| **CYP2D6 [illegible]** | **DXM [illegible] [illegible] [illegible] [illegible]?** | **[illegible] [illegible] [illegible] [illegible]** |
|---|---|---|
| [illegible] [illegible] [illegible] [illegible] [illegible] ([illegible] [illegible]% [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]) | DXM [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] ([illegible] [illegible] [illegible] NMDA [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]—[illegible] [illegible] NMDA [illegible], DMN [illegible] [illegible] "ego dissolution"[illegible] [illegible]-1 [illegible] SERT [illegible] [illegible], [illegible] NMDA [illegible] [illegible] [illegible] | [illegible] [illegible] NMDA [illegible] [illegible] [illegible] [illegible] [illegible] ([illegible]-[illegible] [illegible] [illegible]), [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] |
| CYP2D6 [illegible] [illegible] ([illegible] [illegible]-[illegible]% [illegible] [illegible]; [illegible] [illegible]-[illegible]% [illegible] [illegible]) | DXM, [illegible] [illegible] [illegible] [illegible] DXM [illegible] [illegible] [illegible] DXM-[illegible] SERT ([illegible] [illegible]) [illegible] [illegible] [illegible]-[illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] NMDA [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]/[illegible]-[illegible] [illegible] [illegible] [illegible] [illegible]—[illegible] [illegible] [illegible] [illegible] [illegible] | [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] (DXM) [illegible] [illegible] [illegible] (SSRI) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]-[illegible] SERT-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] |
| CYP2D6 [illegible] [illegible] [illegible] (~[illegible]-[illegible]%)[illegible] | DXM [illegible] [illegible] [illegible] [illegible] [illegible]—[illegible] [illegible] [illegible] достигнутся, [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] | [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] (dissociative) [illegible] [illegible] (NMDA) [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] CYP2D6 [illegible] [illegible] ([illegible] [illegible], [illegible], [illegible]) "[illegible]- [illegible]"-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] |

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| [illegible] [illegible] [illegible] CYP2D6 [illegible] [illegible] | [illegible] (SSRI) [illegible] [illegible] (SNRI) [illegible] [illegible] CYP2D6 [illegible] [illegible] [illegible] [illegible] (DXM) [illegible] [illegible], [illegible] CYP2D6 [illegible] [illegible] [illegible] [illegible] [illegible] "[illegible] [illegible]" [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] SERT [illegible] [illegible] [illegible] [illegible] | DXM [illegible] [illegible] [illegible] DXM [illegible] [illegible]—[illegible] (OTC) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] |

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"[illegible]" [illegible] [illegible] (DXM) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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## [illegible].[illegible] - [illegible]

### [illegible] — [illegible]-[illegible]-[illegible] (OTC) [illegible] harm reduction [illegible]

DXM-[illegible], [illegible] harm reduction ([illegible]) [illegible] DXM FAQ ([illegible]-[illegible]), Erowid-[illegible] DXM [illegible], Reddit [illegible] DXM [illegible] "[illegible]" [illegible], [illegible], [illegible], [illegible] DXM-[illegible] '[illegible]' [illegible]

[illegible] CYP2D6 [illegible]: [illegible], DXM [illegible], [illegible]-[illegible] ([illegible]) [illegible]

## [illegible] — [illegible]

DXM-[illegible] CYP2D6 [illegible]—[illegible], [illegible]

### [illegible]

| [illegible] | [illegible] | [illegible] | [illegible] |
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| CYP2D6 | [illegible] - [illegible] ([illegible]) | *4/*4 [illegible] ([illegible]-[illegible]%); *1/*1 [illegible]; [illegible]-[illegible] | DXM-[illegible] CYP2D6—[illegible] compendium [illegible] CYP2D6-[illegible]-[illegible]-[illegible] (OTC) [illegible] DXM-[illegible]: [illegible] DXM ([illegible]-1, SERT [illegible]) [illegible], [illegible] (NMDA) [illegible], [illegible] DXM [illegible] ([illegible]: [illegible], [illegible], [illegible]) CYP2D6-[illegible] CYP2D6-[illegible] |
| SLC6A4 / 5-HTTLPR | [illegible] | [illegible]/[illegible] ([illegible] SERT [illegible]) | SLC6A4 [illegible]-[illegible] "[illegible]/[illegible]" [illegible] SERT-[illegible] — [illegible] (DXM) SERT-[illegible], [illegible] ([illegible], [illegible]) [illegible] CYP2D6poor metabolizer |

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| HTR2A | 5-HT2A □□□□□□□□□□ □□□□□□□□□— □□□□ □□□□□□□□□-□□ □□□□□□□□□□□ □□□□□□□□□ □□□□□□□□ □□□□□□□□□ □□□□□ | □□□□□□□□ □□□□□□□□□□ □□ □□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□ □□□□□ | DXM-□□ □□□□□□-1 □□□□□□□□□□□ □□□□ □□□□□□□□□□ □□□□ □□□□□ □□□□□□□□ NMDA □□□□□□□ □□□□ □□□□□□□□□ □□□□□ □□□□ □□ □-HT2A □□□□□□□□□-□□□□□□□□ DMN (default mode network) □□□□ □□□□□□□□□□□□ □□□□□□□□□ □□□□, □□□□□□□ □□□□□□□□□□□ □□□□□□□ □□□□□ HTR2A □□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□ □□□□ □□□□ □□□□□□□□□□□ □□□□□□□□□, DXM-□□ "□□□□□ □□□□□□□□□□□□□□" □□□□□□□□□□□ □□□□ □□□□□□□□□□ □□□□□□□□□□□ □□□□□□□□□□ □□□□□□□ □□□□ □□□□□□ □□□□□□□, □□□□ HPPD (Hallucinogen Persisting Perception Disorder) □□□□□□□ □□□□□□ □□□□□□□□□□□— □□□□□ DXM □□□□□□□□□□ □□□□ □□□□□□□□□□□□□□ □□□□□□□□□□□ LSD-□□ □□□□□ □□□□□□□□□□ HPPD-□□ □□□□□ □□□□ □□□□□ |
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| DRD4 / DAT1 ([illegible]-[illegible])[illegible] | [illegible] - [illegible] | DRD4 7-repeat (rs1800955); DAT1 10-repeat (rs28363170) | ADHD-[illegible] DRD4 7-[illegible] DAT1 10-[illegible] DXM [illegible], [illegible] DXM [illegible], [illegible] ADHD [illegible] DXM-[illegible] ADHD-[illegible] ADHD [illegible], [illegible] |

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- [illegible] (DXM) [illegible]? [illegible] CYP2D6-[illegible]—[illegible] DXM [illegible], [illegible] CYP2D6-[illegible] ([illegible] SSRI), [illegible]
- [illegible], [illegible]? [illegible]-[illegible] [illegible]-[illegible]—[illegible] ([illegible])[illegible]
- [illegible] (DXM) [illegible]? [illegible]: CYP2D6 [illegible] + SLC6A4-[illegible] "[illegible]/[illegible]" [illegible] + [illegible]
- [illegible] ([illegible]) [illegible], [illegible]-[illegible]? → DRD4 7-[illegible] + DAT1 10-[illegible] ADHD [illegible] ADHD [illegible]
- [illegible]-[illegible]? → [illegible]-[illegible] [illegible].[illegible] [illegible]

# [illegible] — [illegible]: [illegible] [illegible] [illegible] [illegible]

*[illegible] — [illegible] [illegible]-[illegible], [illegible] [illegible] [illegible] [illegible]*

DXM [illegible] [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [

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| | [illegible] [illegible] [illegible] [illegible] [illegible] DXM [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]

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| | [illegible]; [illegible] (SERT [illegible]); [illegible]-[illegible] [illegible] | [illegible], [illegible] | [illegible] [illegible]-[illegible]-[illegible] [illegible] |
| [illegible]-[illegible] [illegible] | NMDA [illegible]; [illegible]; [illegible]-[illegible] [illegible]; [illegible] | [illegible] ([illegible] - [illegible]-[illegible] [illegible]), [illegible], [illegible], [illegible] [illegible], [illegible], [illegible] | [illegible] ([illegible] [illegible])[illegible] [illegible]-[illegible] [illegible] [illegible]-[illegible] [illegible] ([illegible] [illegible]—SERT [illegible], [illegible] precursor [illegible])[illegible] [illegible] relapse-[illegible] [illegible] |
| [illegible] [illegible]-[illegible] | [illegible]; [illegible] (HPPD) [illegible], [illegible]; [illegible] (DXM) [illegible] ([illegible]: [illegible], [illegible], [illegible]) [illegible], [illegible] | [illegible], [illegible]; [illegible]; [illegible] (HPPD) [illegible]; [illegible]-[illegible]-[illegible] (OTC) [illegible] | [illegible] ([illegible]: ADHD, [illegible], [illegible])[illegible] [illegible] HPPD persist [illegible], [illegible] [illegible]—DXM [illegible], [illegible] |
| [illegible] [illegible]-[illegible] | [illegible]; [illegible]-[illegible] [illegible]; [illegible]; [illegible] (HPPD) [illegible] | [illegible]; [illegible]; [illegible], [illegible]; [illegible] | [illegible]: [illegible], [illegible], [illegible] —[illegible] |

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## [illegible] - [illegible]

| [illegible] | [illegible] | [illegible] | **DXM-[illegible] [illegible]:** |
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| 5-MTHF ([illegible]-[illegible]) | [illegible] [illegible]-[illegible] [illegible] | [illegible] [illegible] | [illegible] [illegible] [illegible] - [illegible] [illegible]-[illegible] SERT [illegible] [illegible] [illegible] [illegible] MTHFR [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] 5-MTHF [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] SERT [illegible] [illegible] |
| [illegible] [illegible] [illegible] [illegible] ([illegible])[illegible] | [illegible]-[illegible] [illegible] [illegible] [illegible] | [illegible] [illegible] | [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (DXM) [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] |
| P5P ([illegible] [illegible] [illegible]) | [illegible]-[illegible] [illegible] | [illegible] [illegible] | [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (SERT [illegible]) [illegible] [illegible] (NMDA [illegible]) [illegible] [illegible] [illegible], [illegible] P5P-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] |
| [illegible] [illegible] [illegible] [illegible] | [illegible]-[illegible] [illegible] [illegible] | [illegible] [illegible] [illegible] | [illegible] NMDA [illegible] [illegible] [illegible], [illegible] [illegible]: [illegible] [illegible] NMDA [illegible] [illegible] |

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| | | | [illegible], [illegible] DXM [illegible] NMDA [illegible] |

## [illegible].[illegible] — [illegible]: [illegible]-[illegible]

**⚠ [illegible] (DXM) [illegible] (acetaminophen) [illegible] ([illegible]: Nyquil, Dayquil, [illegible]), [illegible] (NAC) [illegible], [illegible]-[illegible]**

[illegible]compendium-[illegible] NAC ([illegible]-[illegible]) [illegible], [illegible]—[illegible]

- NAC 600-1200 [illegible], [illegible], [illegible] DXM [illegible] IV NAC-[illegible]—[illegible] exposure-[illegible]
- [illegible] ([illegible], [illegible], [illegible], [illegible]): [illegible] exposure-[illegible] IV NAC ([illegible]) [illegible] NAC-[illegible]
- [illegible] ([illegible], [illegible], [illegible]): [illegible], [illegible]
- [illegible]: [illegible] thistle ([illegible]-[illegible]), [illegible]-[illegible] ([illegible]), [illegible] ([illegible]) [illegible]-[illegible], [illegible]

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## [illegible] — [illegible] (HPPD) [illegible]

[illegible] (DXM) [illegible], [illegible], [illegible] (HPPD)-[illegible]—[illegible]-[illegible]; [illegible] NMDA [illegible]-[illegible]

- DXM-[illegible]: NMDA [illegible]-[illegible]
- [illegible]: [illegible] HPPD (Hallucinogen Persisting Perception Disorder)-[illegible], DXM ([illegible])-[illegible]
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## [illegible] - [illegible]

### [illegible] - [illegible]

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- [illegible]: [illegible], [illegible] 5-MTHF [illegible] (MTHFR-[illegible] 5-MTHF [illegible], [illegible] SSRI-[illegible])[illegible]: [illegible] SSRI [illegible], [illegible] DXM [illegible]—[illegible]
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DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible]-[illegible]-[illegible] (OTC) [illegible] [illegible] [illegible] [illegible]: "[illegible] [illegible] [illegible] [illegible]" [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] опиоид [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] DXM [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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3. NAC [illegible] [illegible] [illegible]

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| [illegible] [illegible] [illegible] [illegible] | [illegible] [illegible] [illegible] [illegible] (CBT); [illegible]; [illegible] [illegible]; [illegible] | [illegible]- [illegible] [illegible] [illegible] [illegible] (DXM), [illegible] [illegible], [illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]— [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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| [illegible] ([illegible]-[illegible])[illegible] | [illegible], [illegible], [illegible] | NAC (NMDA + [illegible]), [illegible], 5-MTHF, [illegible], [illegible]-[illegible], [illegible] | NAC [illegible]— [illegible] (NMDA [illegible])[illegible] 5-MTHF [illegible] 5-HTP: [illegible] DXM [illegible]-[illegible], [illegible] SERT [illegible] |
| [illegible] ([illegible]-[illegible]) | CYP2D6 [illegible]; SLC6A4; COMT; MTHFR; DRD4/DAT1. | CYP2D6 [illegible]; [illegible]-[illegible]; [illegible]; [illegible] | CYP2D6 [illegible] ADHD-[illegible] (DRD4, DAT1) [illegible] ADHD [illegible] |
| [illegible] ([illegible]-[illegible])[illegible] | [illegible]; [illegible]; [illegible]; [illegible].[illegible] | [illegible]; [illegible]; [illegible]; [illegible] | [illegible]-[illegible], [illegible], [illegible] |

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| [illegible] ([illegible]) | [illegible], [illegible], [illegible]-[illegible]; [illegible], [illegible] | [illegible] (DXM) [illegible], [illegible] | [illegible], [illegible]: [illegible], [illegible] - [illegible] |

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- SAMHSA's Treatment Locator (findtreatment.gov): while DXM is rarely listed as a primary substance, substance use disorder treatment for comorbid depression, ADHD, and anxiety is appropriately addressed through the standard treatment locator.
- □□□ □□□□: 1-800-852-8336 (□□□□□□□ □□□□□-□□□□□□□□□ □□□□) - □□□□□□□□□□ □□□□□-□□□□□□□□ □□□□ □□□□□□□□□ □□□□ □□□□□□□□□□□□□□□□□□, □□□□ □□□□□□ □□□□□□□ □□□□□□ □□□□
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**Crisis: call or text 988 | Emergency: 911 | SAMHSA: 1-800-662-4357**

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